

HealthQuest

Wellness Champion Network Monthly Webinar

Thursday, February 11th - 11:00-11:45 am

Agenda

- **☐** Welcome New Champions!
- □ Leadership Development
 - With Special Guest Jack Bastable
- ☐ "Water Works" Challenge Ends Tomorrow, February 12th, 2016
- **☐** Quit for LIFE
 - With Special Guest Melanie Davis
- ☐ February HQ Seminar
- ☐ February EAP Webinar

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Welcome New Wellness Champions!!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

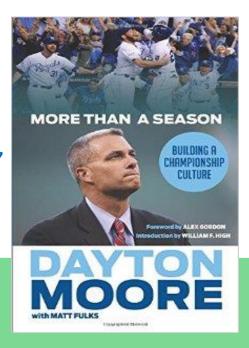
- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity





What can we learn about
Leadership
from the
World Champion
Kansas City Royals?

How does Leadership build a "Championship Culture"



A Commitment to Strong Moral Principles, including a Devotion to Family

"Leaders shape the culture of their environment. That applies to all facets of life. It doesn't matter if you're talking about a major league baseball team, a college athletic department, a Fortune 500 company, a church, or a family, the actions and attitudes of the leader shape all aspects of the organization and, most importantly, the people."

"[This is] where it begins and ends with me: family. As much as I love the Kansas City Royals and our people within the organization, my favorite team is at home.

A Commitment to Excellence and a Drive to Reach One's Ceiling

"[This is] what allows you to be successful – undying belief and discipline to persevere. Commitment and talent have nothing to do with each other. You can have a lot of talent, but if you're not committed, you're not going to reach your ceiling."

A Humble Desire to Learn, Listen and Forgive

"We're all in this together. Everyone matters."

"Transparency, I believe, is very important in all areas of life because it's a great way to build trust. You're going to get exposed in life anyway, so you might as well be open about your flaws and mistakes. You have to know what you don't know."

A Refusal to Give Up

"The key to baseball is who manages failure the best. You will fail in baseball. Period. But the people and teams that manage it the best are able to reach their ceilings."



Quit For Life® Program





- The Quit For Life® tobacco cessation program is the nation's leading program that has helped hundreds of thousands of people successfully quit tobacco for good for over 30 years!
- Our evidence based program is so highly effective because it integrates confidential and flexible phone-based support from expert Quit Coaches®, web-based learning tools, text messaging capability and provides free medication support.







 This program is free of cost to members and addresses all forms of tobacco including cigarettes, cigars, pipes, smokeless tobacco and even e-cigarettes.





- Members who enroll into the Quit For Life Program and who complete 5 live coaching calls with a Quit Coach by November 15, 2016, will earn their wellness credits.
- Completion of these requirements can earn members 15 of their required 30 wellness credits!
- Participation in the program will help you to reach your goal of becoming a healthier, tobacco free version of you. As a bonus, you can also earn wellness credits to get you closer to earning the full incentive.
- The program has already helped over 2,061 State of Kansas Employees to quit to date!

Alere Quit for Life® Program Promotion



Promotional campaign flyers are available to raise member awareness of the program.







New Year's Campaign

Winter Campaign

Healthy Heart Month Campaign

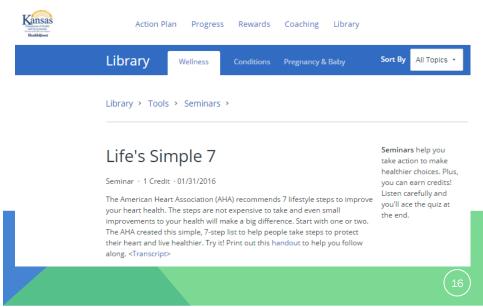
Confidential and Proprietary January 2016

Alere Enroll Into The Program Today



- Enrolling into the program is easy and takes only three minutes. Take the first step to improving your health today!
- Call: 1 (888) 275-1205 and select option 3
- · Enroll Online at: www.kansashealthquest.com

February 2016 Seminar Available on the Portal 2/1/16



February 2016 EAP Webinar

Thursday, February 18th, 2016 3:00 p.m.

Communication Skills to Enhance Relationships

Communication is a fine art that we often take for granted. It takes more than physical and verbal abilities to communicate.

It takes energy along with the ability to offer support and demonstrate understanding and compassion when communicating within your family, friends and workplace. Whether its an expectation, emotion, question or other message, openness and willingness to communicate improves overall quality of communication with others.

Register at: https://attendee.gotowebinar.com/register/7208793327495723521



Thank You for Joining Today's Meeting!!

Next Meeting is Thursday, March 10th

√ 11:00-11:45 am

Secret Question:

Open Questions/Comments



